



AUGUST 2014

Stay Cool

COUNTY OF LOS ANGELES

Inspiring Wonder and Discovery

Natural History Museum of Los Angeles County

“Are they real fossils?” and “Are they real scientists?” are two of the most frequently asked questions by visitors to the Natural History Museum of Los Angeles County, according to Dr. Jane G. Pisano, President and Director of the museum.

Located near the interchange of the 110 and 10 freeways, the Natural History Museum (NHM) has become a destination for travelers and locals alike.

“Having completed a \$135 million transformation, NHM is poised to be a museum for nature and not just for natural history,” said Dr. Pisano.

A prime example is the Nature Garden, which opened in 2013 and boasts of an outdoor exhibition and programming space where families can enjoy the outdoors and participate in the myriad of activities that are offered. Another example is Biodiversity Science: City and Nature or BioSCAN is a research initiative that explores biodiversity in one of the world’s largest cities—Los Angeles. BioSCAN invites the public to discover and explore their home city through the study of insects. There is also the Nature Lab, an exploration site that centers on animals and plants and how they thrive and how our city’s changing landscape encourages or hampers their existence.

Did you know that the museum houses a fossil of a reptile (sea creature) that proved some ancient sea creatures gave birth to live young? This and other fascinating reptiles and dinosaurs can be viewed at the Dinosaur Hall.

Since the Dinosaur Hall’s opening in July 2011, the museum has been recognized with 10 national awards, thanks to the exceptional collection and the remarkable team of scientists, educators, exhibit designers, and communications specialists.

The museum’s reputation and popularity are credited not only to its collections, but also to a well-informed staff and the use of technology. A staff meeting is called every quarter where breakfast is served, giving the staff updates on new exhibits that they get to view first. They also conduct “did you know” sessions, keeping staff apprised of anything new. These sessions help in their daily interaction with visitors to the museum. Street banners, an engaging website, and social media outlets such as Twitter and



“mommy” blogs are among the ways the museum communicates what’s new.

So, the answer to the two most frequently asked questions is a resounding “yes.” You can drive, take the Metro bus, DASH, or the Metro rail lines to the museum. To find out more, call (213) 763-DINO or visit www.nhm.org and allow the Natural History Museum of Los Angeles County to inspire wonder and discovery.

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CALENDAR OF EVENTS

Los Angeles County Museum of Art

(323) 857-6010

www.lacma.org

Through November 30 – Sam Durant: Proposal for White and Indian Dead Monument Transpositions, Washington, D.C.

Through November 30 – The German Paintings 1913–1915
August 24 through November 30 – African Cosmos: Stellar Arts

August 24 through March 22 – Variations: Conversations in and Around Abstract Painting

Center Theatre Group

(213) 628-2772

www.centertheatregroup.org

Ahmanson Theatre

Through August 24 – We Will Rock You

September 17 through November 2 – The Trip to Bountiful

Kirk Douglas Theatre

August 31 through September 28 – Race

September 17 through September 20 – Western Society

Mark Taper Forum

Through August 17 – Buyer & Cellar

September 10 through October 19 – Marjorie Prime

Dorothy Chandler Pavilion

October 9 through 12 – Australian Ballet's Swan Lake with live orchestra

Walt Disney Concert Hall

September 30 – Opening Night Concert & Gala: A John Williams Celebration

October 2 through October 5 – Dudamel & Mahler 5

Ford Theatres

(323) 461-3673

<http://fordtheatres.org>

August 20 – Old Time Music - We Play

August 22 – 6th Annual JUiCE Hip Hop Dance Festival

Grand Park

www.grandparkla.org

Every Wednesday and Thursday – Lunch A La Park

Every Wednesday – Grand Park's Boot Camp

Hollywood Bowl

(323) 850-2000

www.hollywoodbowl.com

August 19 – The Four Seasons

August 20 – Marvin Gaye's *What's Going On* with John Legend

Visit <http://hr.lacounty.gov> for information on employment opportunities with the County of Los Angeles



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Submissions to the DIGEST may be edited or otherwise altered for clarity.

Check out the DIGEST at

<http://dhrdcap.co.la.ca.us/jic/digest/>



by **Mark Richman, M.D., M.P.H.**
Physician Specialist, Emergency Medicine
Olive View-UCLA Medical Center
 and **Amy Skelton, Student Volunteer**

Complementary and Alternative Medicine (CAM)

Part 1 in a Series of 3

Complementary and Alternative Medicine (CAM) is increasingly popular. This series presents common types of CAM, how they might work, and what conditions they may help with.

Note: CAM may not work for certain acute or chronic conditions. Before using CAM, talk with your doctor.

Acupuncture and cupping come from China and may have originally been used to withdraw blood/pus. Their basis is the concept of Qi channels (meridians of energy flowing through the body).

Acupuncture: Thin needles are inserted along Qi channels and may decrease pain through the immune or vascular systems or pain receptors, or by releasing muscle tension. Acupuncture is proven effective for:

- ◆ Head and neck conditions (e.g., sinusitis and temporo-mandibular pain syndrome)
- ◆ Musculoskeletal pain (e.g., back pain, arthritis)
- ◆ Tension- and migraine-type headaches

Cupping: A suction cup is applied to the skin and may work by affecting local tissue structure, stretching nerves and muscles, or increasing circulation. It is proven effective for:

- ◆ Arthritic neck pain
- ◆ Facial paralysis (Bell's palsy)
- ◆ Herpes zoster (shingles)

Moxibustion: The herb “mugwort” is burned and applied to or hovered over the skin, sometimes on top of an acupuncture needle. There is limited evidence of effectiveness, though some studies suggest it may aid in converting breech

pregnancy to a vertical presentation, perhaps stimulating the baby to move.

Coining: Coins are rubbed against oiled skin, often between ribs, to remove “wind illness.” Studies suggest it may be effective to treat breast engorgement or chronic neck pain.

L.A. County Fire Wants You to Beat the Heat

Children, the Elderly, and Pets are Most at Risk

The dog days of summer are here, and the Los Angeles County Fire Department is asking all residents to protect themselves during Southern California's hot summer months by learning how to handle the heat. Tips to avoid heat-related illness will be shared on the Fire Department's Facebook, Twitter and YouTube pages, and its website at www.fire.lacounty.gov.

To help beat the heat, L.A. County has opened up cooling centers in each local community at libraries, senior centers, community centers, and parks to provide residents with an air-conditioned environment throughout the day. They are open as early as 7 a.m. in some locations, and remain open until 9 p.m. in many others.

Heat stroke and heat exhaustion can be life-threatening. It is important to be aware of the warning signs. Heat stroke is signaled by an extremely high body temperature (103 degrees), unconsciousness, dizziness, nausea, and confusion. Heat exhaustion is signaled by heavy sweating, muscle cramps, weakness, headaches, paleness, tiredness, and others.

If you see anyone with these signs, call 9-1-1 and get the victim into a shady area, or immerse the victim in a tub of cool water, place in a cool shower, or spray with cool water from a garden hose to help drop the body temperature until firefighters arrive.

As Southern California's weather continues to heat up, the L.A. County Fire Department is joining all public safety agencies across the Los Angeles area to conduct a summer safety campaign, using the hashtag #SummerSafetyLA on Twitter and Facebook to provide safety messages all summer long.

Have a cool summer!



COUNTYWIDE FITNESS CHALLENGE 2014



A DAY OF FAMILY FUN

CHILL OUT!

Join us for power walks, yoga, and healthy cooking demonstrations.

EVENT SPONSOR



Dockweiler Youth Center

12505 Vista del Mar
El Segundo, CA 90245
4th Supervisorial District

BEACH FITNESS SESSIONS

"CELEBRITY CHEF"

HEALTHY COOKING DEMOS

BEACH VOLLEYBALL

HEALTHY SNACKS

FREE GIVEAWAYS

DRAWING PRIZES

Saturday, August 23, 2014

8:00 a.m. – Noon

RSVP to secure your giveaway
at <http://dhr.lacounty.info>





The newly-opened High Desert Regional Health Center in Lancaster

Community Clinics

Your Link to Good Health

The Department of Health Services (DHS) operates community-based health centers across Los Angeles County. Whether you need urgent care, primary care, or just a wellness visit, these health centers provide high quality services in convenient locations. Some facilities offer extended and weekend hours to better serve the needs of working individuals and families.

In recent months, DHS unveiled two new state-of-the-art health centers: the Martin Luther King, Jr. Outpatient Center in South Los Angeles and the High Desert Regional Health Center in Lancaster. Both clinics provide a mix of primary and specialty services in beautiful settings designed for a new era of healthcare.

Privately run community clinics also play an essential role in building healthier families and communities across L.A. County. Community clinics are guided by a strong mission of service and often have long histories in their communities. As a result, they understand the unique health needs of the populations they serve.

The department contracts with these nonprofit community clinics (called Community Partners) to increase access to primary care. Services provided at DHS and community partner clinics can be at no-cost if you are an uninsured County resident who meets income eligibility requirements.

When you stay in good health, you can enjoy the many programs and services Los Angeles County provides to residents throughout the year. Visit the Department of Health Services' website, www.dhs.lacounty.gov, to learn more about services, locations, and programs. Or visit DHS on your phone at [m.dhs.lacounty.gov](tel:m.dhs.lacounty.gov).

Annual Back to School Jams

Public Housing Youth Receive Backpacks and Uniforms

During the month of August, the Housing Authority of the County of Los Angeles (HACoLA) will sponsor its annual series of Back to School Jams at the Carmelitos, Harbor Hills, Nueva Maravilla, and South County (scattered sites) public housing developments. This annual event first began in 2000 at the Carmelitos housing community located in Long Beach. It has expanded to other housing developments throughout the County, providing all public housing youth and their families with supplies and resources to make the school year a success!

With over 60 exhibitors, Back to School Jams provide educational and health-related resources and information to about 800 families. A partial list of participating agencies include Child Development Consortium of Los Angeles, Los Angeles Unified School District, Los Angeles County Work Source Centers, East LA Womens Center, St. Mary's Hospital, Wilmington Community Clinic, California State University, Long Beach, as well as local businesses.

Over 1,400 public housing youth will be treated to entertainment, food, dancing, and raffles. However, the highlight of each Back to School Jam is the distribution of backpacks stocked with age-appropriate school supplies, as well as free haircuts and school shoes for youth attending grades K-12. These gifts are made possible through the generous support of Target Stores and Shelter Partnership, a local non-profit organization that provides resources and housing through its S. Mark Taper Foundation Shelter Resource Bank.



Los Angeles County Department of Public Social Services

VOLUNTEER TODAY!



**Volunteers gain experience,
explore new career options,
and may even earn school credit.**

For more information, call (213) 744-4348

or email dpssvolunteers@dpss.lacounty.gov.

http://www.ladpss.org/dpss/vs_programs/default.cfm



Importance of Immunizations

California's Pertussis Epidemic

Think vaccine-preventable diseases are a thing of the past? Because of vaccines, many diseases that were once common are now rare, but still appear. Each year in Los Angeles County, there are cases of diseases like measles, mumps, and chickenpox. California is currently experiencing a pertussis epidemic and between January 1 and July 21, 2014, there were 486 confirmed and probable pertussis cases in L.A. County, compared to 295 cases for all of 2013. Based on the current pace, the number of cases in 2014 is expected to exceed the number reported during the 2010 epidemic, when cases reached a 50-year high. The epidemic is a reminder of the importance of being vaccinated against vaccine-preventable diseases.

Protecting Your Family from Pertussis

Pertussis is a respiratory disease that can cause severe, uncontrollable fits of coughing that make it hard to breathe. Sometimes the cough is followed by a "whooping" sound when breathing in, which is why the disease is also called whooping cough. People with pertussis can continue to cough for 10 weeks or more.

Pertussis can be a serious illness in all ages, but for infants it can be tragic. About half of infants with pertussis need to be hospitalized and sadly, in 2014, three California infants died due to pertussis.

LA County residents can help prevent pertussis cases and deaths by getting vaccinated.

- The DTaP vaccine is recommended for children at: 2, 4, and 6 months of age; between 15-18 months of age; and between 4-6 years of age.
- A booster dose of Tdap vaccine is recommended at 11 or 12 years of age and for adults (19 years of age and older) who have never received a Tdap vaccine.
- Pregnant women should receive one dose of Tdap during **each** pregnancy, at 27 through 36 weeks gestation, to protect themselves and pass protection on to the newborn.

Getting Your Children Ready for School

School is starting soon! To start child care, kindergarten, or 7th grade, pupils must receive vaccines to protect them from vaccine-preventable diseases, including pertussis.

Share Your Heart Share Your Home



Meet Adrian and Lyric

Siblings are forever! Looking at this picture, you cannot help but feel the love and camaraderie these two brothers share with one another. Keeping siblings together is the goal of the Department of Children and Family Services (DCFS), but sadly this is not always a possibility. At times, siblings are truly the only permanent connection maintained while in foster care. Sometimes separated from their birth parents and extended families through no fault of their own, siblings are the glue that keeps their family ties and hearts intact. Help keep siblings together forever, and consider adopting a sibling set like Adrian and Lyric today.

Adrian, born in 2004, is an active and friendly boy known for his laughter, smile, and energy. Like many boys his age, he likes watching cartoons and loves going to the movies. He has a lot of energy and hopes to use that energy to be able to play organized sports. He really wants to have a parent or parents who can help him succeed in school. Adrian gets along well with his peers and is well liked by his friends.

Lyric, born in 2005, likes playing outdoors, watching cartoons, eating, and going to the movies. He is known for his contagious smile and his love for his big brother. Lyric would also love to be a part of a team sport and thinks it would be even better if he could be on the same team as his big brother. Lyric is doing well in school and gets along with other children.

Together, Adrian and Lyric would make an amazing addition to any family. Imagine spending your weekends watching them excel in the sport they love, going to the movies, sharing a home cooked meal, but most importantly, sharing your heart and home with these two deserving and handsome brothers! If you would like to learn more about Adrian and Lyric, please contact DCFS at (888) 811-1121.

Employee Benefits: A New Look for Online Enrollment

The online enrollment system at mylacountybenefits.com has been redesigned, has new features, and is even easier to use. You still have access to all your benefits information in one place, 24-hours a day, seven days a week.

Key steps and items you need to consider during your enrollment are displayed here.

Select each benefit to view your premium cost and select a plan or coverage.

Your dashboard shows the County's monthly benefits allowance and lets you track the cost of your benefits as you make your selections.

This dashboard shows the documents/information required to complete your life event or enrollment.

For example, it will show that you need to provide a birth certificate and Social Security number when you add a child.

This new tool also allows you to upload these documents directly from the dashboard.

Need help getting started? Watch this step-by-step guide to help you enroll in your County benefits.

The screenshot shows the website interface with the following sections:

- Header:** "we are the county of los angeles", "Welcome JANE DOE | Change PIN/Password | Close", "mylacountybenefits.com"
- Navigation:** Home, Enrollment, Life Events
- Event Steps:** Monthly Benefit Allowance, Personal and Dependent Information, Choosing Your Benefits, Benefit Waiver, Primary Care Physician, Confirm Benefit Elections
- Quick Links:** Contact Information, Benefits Documents, Tools
- Benefits Documents:** Benefit Forms, Spending Account Forms, DCSA Special Notice
- Tools:** Spending Accounts Tax Savings Calculator
- Benefit Cost Summary:** Benefit Allowance \$1,632.60, Remaining Allowance \$123.65
- Choosing Your Benefits:** Medical, Dental, Optional Group Term Life Insurance, Dependent Term Life Insurance (After Tax Benefit), Accidental Death & Dismemberment (AD&D) Insurance, Health Care Spending Account (HCSA), Dependent Care Spending Account (DCSA)
- Footer:** "The County of Los Angeles is proud to provide you with benefits information through this secure website with access ANY time (24 hours a day, seven days a week). Through this website, you are able to review your benefits information, make mid-year changes in your benefit elections due to a life event (marriage, divorce, loss of coverage, etc.) and enroll in benefits."
- Documentation Required:** "The documents listed below are required before your benefits choices can be approved." "Upload The document Church/State Marriage Certificate is required for Sally Doe and must be submitted by 6/25/2014."
- Pending Elections:** "You have elections waiting approval on receipt and verification of required documentation." "Click here to view your current pending elections."
- Managing Your Benefits:** Enrollment Activities: Continue My Marriage to Spouse (if I Event Status: Waiting Approval), Life Events: Use this link to make a mid-year benefit change due to a qualified life event or change in status, Confirmation Statements: Use this link to view or print your benefit Confirmation Statements.
- Available Links:** Quick Links: Update Dependent SSN, Contact Information; Benefits Documents: Benefit Forms, Spending Account Forms, DCSA Special Notice, Summary Plan Description; Tools: Spending Accounts Tax Savings Calculator
- Guide To Enrollment:** Getting Started: Step by Step Guide to Enrollment

L A C F
los angeles county fair
August 29 to September 28

September 7 is Los Angeles County Day at the Fair. Celebrate the 10th Annual L.A. County Day at the County Fair in Pomona.

Discount tickets are available to the public at \$5 each, and are redeemable at any fair box office on September 7 only. The coupons are available on the County website at www.lacounty.gov.

The Fairgrounds open at 10 a.m.

DHR's Wellness Corner

Bringing you inspiration from around the County

How the County Fitness Challenge has Changed My Health for the Better
by Saat-Rai Amnwt (Olive View Medical Center)

Since joining the Wellness Coordinators team last year after attending one of the County's Fitness Challenge events at the Pasadena Farmers' Market, I have been excited about participating and encouraging others from my facility to do the same.

When the County's 2014 Biggest Loser Challenge came around, I was eager to get started since I needed to lose a few pounds myself. So, I encouraged departments at my facility to participate by sending out e-blast after e-blast. Finally, people responded and 11 teams were formed, all from Olive View.

My biggest accomplishment was the *social interaction* of the three-member team that I formed—Slim Pickin's, a southern farming term meaning not a lot to harvest from a crop. My teammates Juben Pico and Antranette Hudson were awesome! We committed to a strategy of walking together once a week outside of work (we work the 3rd shift). We walked at several facilities like Baldwin Hills Scenic Overlook, Griffith Park, and Hansen Dam. I listened in on the Wellness WebExs offered by Kaiser, one of our wellness sponsors, and shared the tools we were using to achieve our weight loss goals.

We have committed to continuing to weigh-in and keep the pounds off by walking, counting calories, monitoring our health numbers, and eating healthy fresh foods. Look at us now!



Before

After

IMMUNIZATIONS

continued from page 7

Parents who do not wish to have their children immunized may exempt them from vaccine requirements, only if they:

- Receive information from an authorized practitioner regarding vaccines and the risks of skipping vaccine doses
- Submit required documentation to the school.

Children who are not fully vaccinated are more at-risk for disease, so for their protection, may be excluded from attending school, for days or weeks. This can cause children to fall behind on their studies and miss extracurricular activities, as well as be a heavy burden on working parents!

Don't let vaccine-preventable diseases become a part of your family's future. Talk to your health care provider about the vaccines that your family may need now.

Learn More

Child Care and School Immunization Requirements

www.shotsforschool.org

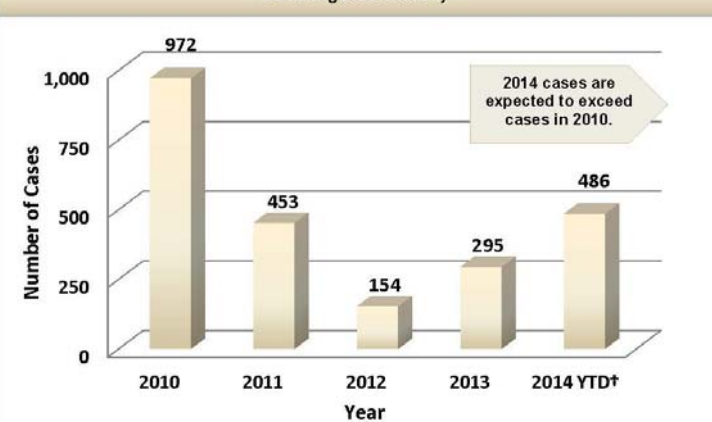
Pertussis Information

<http://publichealth.lacounty.gov/ip/DiseaseSpecific/Pertussis.htm>

Recommended Vaccines

<http://publichealth.lacounty.gov/ip/syndication/vaccineSchedule.htm>

Confirmed and Probable Pertussis Cases by Year of Disease Onset
Los Angeles County*



* Excludes Long Beach and Pasadena cases

† Cases reported from January 1 - July 21, 2014. 2014 cases are under investigation or review and may not be complete in their final disposition.

Retirees

Congratulations to the following employees who are joining the ranks of the retired after their many years of service to the County of Los Angeles:

45+ Years

CHILDREN & FAMILY SERVICES: Rosalind Pillers, Rava E. Rahmaan

COMMUNITY & SENIOR SERVICES: Donna Pierson

PUBLIC SOCIAL SERVICES: Dorothy Pegues, Michael A. Preston, Ines M. Valadez

40+ Years

ALTERNATE PUBLIC DEFENDER: Ernestina M. Barcenas

BOARD OF SUPERVISORS: Leticia De La Torre

COUNTY COUNSEL: Marva C. Blakely

HEALTH SERVICES: M C. Brigham, Graciela Garcia, Kathryn Garcia, Robert M. Gonzales, Clarence Grigsby, Velma J. Matthews-Simp, Samuel B. Norris III, Rosa M. Rodriguez, Aaron J. Watson

MEDICAL EXAMINER-CORONER: Richard J. Heath

MENTAL HEALTH: Ollie M. Harris, Veronica Jones

PROBATION: Steven W. Cunniff, Frank J. McCormick, Vicki L. Thoma

PUBLIC HEALTH: Ramona N. Contreras, Sandra J. Guine

PUBLIC SOCIAL SERVICES: Mary M. Sherman-Jone, Rosa B. Torres-Escam

PUBLIC WORKS: Ariel Palomares

SUPERIOR COURT: Mitchell J. Block, Christine G. Mitchell, Diane Washington

REGISTRAR-RECORDER/COUNTY CLERK: Raymond Q. Oliande

SHERIFF: David S. Vargas

35+ Years

ANIMAL CARE & CONTROL: Christina Childs

ASSESSOR: Francisco Bonilla

CHILDREN & FAMILY SERVICES: Alyce Beard

DISTRICT ATTORNEY: Maria F. Pollerana, Janet S. Fox

HEALTH SERVICES: Juan G. Becerra, Rufina Camero, Pamela Crawford-Wal, Thelma Delfin, Harry J. Furuya, Faith G. Lopez, Patricia A. Marshall-Bac, Cresencia M. Pataraves, Deborah Pullen, Jacob Rajfer, Lorenza C. Reyes, Carolyn R. Riley, Gayle R. Spears, David A. Talan

INTERNAL SERVICES: Arturo Diaz, Alice S. Estrada, Joseph R. Norris

MENTAL HEALTH: Janice L. Ewing, Patricia Harris

PROBATION: Larry D. Bolster, Dan Matsunami, Ernest Perez

PUBLIC HEALTH: Wesley Tokushige

PUBLIC SOCIAL SERVICES: Walter L. Clark, Sandra R. Dowd, Gloria B. Hughes, Eva Quinones

PUBLIC WORKS: Jesse C. Williams

REGISTRAR RECORDER/COUNTY CLERK: Seong O. Pak

SHERIFF: Alexander N. Harris, Larry L. Lincoln

SUPERIOR COURT: Karleen A. Daugherty, Zoe D. Venhuizen

TREASURER & TAX COLLECTOR: Maria S. Midavoudi

30+ Years

AUDITOR-CONTROLLER: Antoinette Y. Nakhla

CHILDREN & FAMILY SERVICES: Linda A. Busche

DISTRICT ATTORNEY: Anne Ingalls

FIRE: Patrick W. Kelly, Robert J. McFadden, Perry T. Vermillion, Ronald D. Watson

HEALTH SERVICES: Pamela D. Beatty, Patricia A. Brassard, Michael Clark, Charlyn P. Hiebert, Silvia Meier, Domenica Bratta, Omar Rashad

INTERNAL SERVICES: Howard G. Alexander, Steven A. Quesada, Kwang J. Shin, Richard L. Young

PARKS & RECREATION: Gilbert Becerra

PUBLIC DEFENDER: Stuart Glovin

PUBLIC SOCIAL SERVICES: Kham V. Bui, Patricia Hart, Gwendolyn F. Jefferson, Stephanie Small

PUBLIC WORKS: Ronald Cox, Archimedes Santos

SHERIFF: Bomani B. Bande, Brett A. Bodendstedt, Michael T. Costleigh, Douglas D. Creighton, Tracy H. Crow, Gordon A. Crowl, Warren E. Fairbanks, Lynne D. Herold, Marcus W. Hershey, David R. Hess, Corrine S. Pirie, Victor O. Sotelo, Christopher S. Stokes, Nettie G. Walker, Michael A. Zymkowitz

SUPERIOR COURT: Carolyn Coleman

25+ Years

ASSESSOR: Donna M. Sullivan

BEACHES & HARBORS: Samuel Smith

BOARD OF SUPERVISORS: Joseph P. Charney

CHILDREN & FAMILY SERVICES: John P. Harris, Flora M. Kroneberg, Heesoon K. Lee

CHILD SUPPORT SERVICES: Gloria A. Cabral, Bonghui Coomes

FIRE: Eric W. Hendrickson, Robert F. Salvucci, Diego S. Valencia

HEALTH SERVICES: Remegia M. Balatero, Laura C. Bernal, Michael N. Daniel, Carlito Hernandez, Annie Mc Cary, Muy Oeung, Olga Orloff, Oksoon Park, Linda Sevilla, Evelyn S. Smith, Bandino N. Telebrico Jr., Stephen D. Barragan, Emma R. Dixon-Davis

RETIREES

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INTERNAL SERVICES: Jairo J. Angulo, Lan Y. Pham

LACERA: Everett L. Scott

PROBATION: Patricia A. Franco-Huiza, Linda M. Ridgeway

PUBLIC HEALTH: Yealanda E. Charles

PUBLIC SOCIAL SERVICES: Julie S. Chou, Lupe Cooper, Tracey H L Fong, Julie Khang, Barbara Williams

PUBLIC WORKS: Po-Tin Chou, Pedro J. Pan

SHERIFF: Mehrdad J. Alkalamy, Selvia B. Abdelmessah, Chanda P. Assar, Elizabeth D. Aurelio-Ortiz, Davey S. Chapman Jr., Stephen C. Gasperi, Younghee Kim, Yoonhee Lee, Carter L. Martin, Jack A. Tarasuik, Jeffrey C. Tibbetts, Donna L. Werick

SUPERIOR COURT: John R. Johnson, Gracie A. Madison, Francis P. Nghiem Phu, David J. Rivera

Rideshare L.A. County!

*from the CEO/
Office of Workplace Programs*

Did you know that there are places where you can park and get to work that will save you money and time, and help clean the air?

“Park and Ride” lots are all over the County. To find the closest “Park and Ride” lot near you, visit www.go511.com and click on “Park & Ride Lots” under the “Carpool and Vanpool” link. The map powered by Google will show you all of the “Park and Ride” lots where you will be able to Rideshare to work instead of driving alone.

Take Pride. Share the Ride.

Pet Vaccination

Vaccinations against contagious and deadly diseases are important to protect your pet's health

- Maintaining current vaccinations can protect your pets against contagious and potentially fatal diseases.
- Proper vaccination practices will trigger your pet's immune responses, preparing them to fight future infections.
- Core dog vaccines include: Parvovirus, Parainfluenza, Bordetella, Rabies, Distemper, and Adenovirus.
- Core Feline vaccines include: Panleukopenia, Herpesvirus, Rabies, and Calicivirus.
- California State Law requires that all dogs older than four months of age be currently vaccinated against rabies
- Most vaccinations are recommended every year after the initial set.
- Please discuss a suitable vaccination plan with your pet's veterinarian at its annual wellness exam.

For more info on pet vaccination
Please visit: <http://1.usa.gov/1ss74mr>





Make the Most of Your Money When It's Time to Travel

You might want to travel to another country and explore distant cultures. You may just be interested in visiting a state you've never seen before. Or you might be interested in visiting a city not too far from home. No matter where you go, remember these tips from the Department of Consumer Affairs so you can avoid making costly decisions while travelling.

Buy Wisely

Before you buy a ticket, double-check the dates and times. Making cancellations or date changes often results in big charges.

Beware of "free trips" or travel deals which sound too good to be true. They may require you to pay hidden costs, attend seminars for real estate/timeshare offers and may make getting tickets to local attractions difficult or nearly impossible.

If you use a travel agent, make sure they are registered with the [Attorney General's Office of Seller of Travel](#).

Be sure to get tickets, terms and conditions in writing so that you can review your rights and responsibilities. Once you have made your reservations, confirm directly with airlines, car rental companies, and hotels.

Guard Your Wallet

Before you travel, contact your bank and credit-card companies to tell them where you are going. This way they are less likely to lock your account if they see charges from a place where you don't usually make transactions.

Avoid taking a lot of cash. Instead, use traveler's checks or credit cards. Make sure that your credit card is accepted at your destination. Check to see if your bank offers services at your destination or how you can avoid transaction fees at partner banks abroad.

If you are traveling abroad and need to exchange currencies, compare day-to-day exchange rates to get the most value for your money. Exchange rates and commission costs vary, so look around for the best rates. Do not exchange money at

"captive audience" locations like airports and bus terminals, which usually have higher fees based on "convenience."

Protect Your Personal Information

Travel light and protect your identity like you do at home. Keep personal information such as passports, identification and reservation numbers in secure locations. Don't take too many credit cards. When you check your baggage in at the airport, train station, or bus terminal, do not place any of this sensitive information inside the bags you check in.

Get Around Town the Right Way

If you use a taxi, remember that taxi drivers may be required to be licensed or registered with their local government. Be sure the transportation service you select is in compliance with such licensing requirements.

When traveling with a car service or taxi, check maps to make sure the driver takes the most efficient route so you don't get excessive metering charges. Watch out for additional costs such as tolls.

Sometimes vanpool services offer transportation to airports and bus terminals but they may pick up more passengers along the way. Allow yourself enough time to account for delays to avoid missed departure times.

Be Smart with Smartphones

Mobile phones or tablets help travelers with tools for navigation, communication, and information services. It's very important to be aware of the costs of using these devices in unfamiliar places. Data roaming charges (such as automatic downloads, text messaging, and voice calls) can be very expensive.

Contact your phone service provider for international travel rates and options before travelling. Consider renting a cellphone at your international destination if your regular provider does not offer competitive rates. Monitor the data usage closely, especially if you have children using phones or tablets.

For more information about protecting your money or identity or any consumer issue, contact us at (800) 593-8222.

Enriching Lives



of L.A. County's consumers